

Goal Setting for Success

By the end of this course participants will be able to:

- Describe the benefits of setting goals
- Identify your character strengths with the VIA Survey
- Identify the right personal and professional goals
- Design SMARTER goals and Well-Formed Outcomes
- Boost motivation to remain focused on your goals
- Use the power of the unconscious mind to boost your success rate

Background

The importance of setting goals has been known for literally thousands of years. Aristotle wrote: *"Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals."* The pursuit of meaningful goals contributes to greater happiness and more fulfilment in life.

In this workshop, we review the fundamental principles and practices of successful goal setting. You'll complete a character strengths survey, review your personal and professional/career objectives and then set SMARTER goals and 'Well-Formed Outcomes' – in a way that brings goal setting to life.

The techniques we offer are derived from professional coaching, Neuro-Linguistic Programming (NLP) and behavioural change psychology. We'll provide you with step-by-step guides so you can put these powerful techniques into practice. With an emphasis on self-motivation and self-management you'll walk away with an action plan and the right tools to succeed, whatever your goals.



Timing

This workshop runs for half a day.

Who should attend?

Those who'd like to define their goals and use effective strategies to make them happen.

Facilitator

Matthew Critchlow, PhD, Director of **Thrive** and Visiting Lecturer at the University of Westminster.

What do people say?

"I thoroughly enjoyed this workshop and would recommend it to anyone who wants to gain some focus on their goals." **Movell Dash**, Project and Programme Manager, HMRC.

"I would recommend this course to anyone who is serious about achieving their goals."

Paul Scott, UK Civil Service

Course Topics

- The benefits of goal setting
- How to choose the right goals
- Identify your character strengths with the VIA Survey
Establish goals which build on your strengths and talents
- Unleash the *true* power of SMARTER goals
- Design 'Well-Formed Outcomes' that are motivating and inspiring
- Discover how to turn goals into reality
 - Set an action plan ... that succeeds
 - Identify previously untapped resources
 - Build motivation to stay on track
 - Avoid the *planning fallacy*
 - Use the power of the unconscious mind to make goal attainment easier

Further Learning

All delegates have access to downloadable further self-help guides and video tutorials via our website.